



Peace in the Valley

2026 Spiritual Formation Retreat

May 15 and 16, 2026

Cathedral Ridge Retreat Center, Woodland Park, CO

The Spiritual Formation Group and Reverend Mary Beth are excited to invite you to our annual spiritual retreat at the breathtaking Cathedral Ridge Retreat Center north of Woodland Park. We hope you can break away from the strain of the workaday world and join us at this quiet, reflective place of beauty in the mountains. Come experience ways you can immerse yourself in the peace of God despite living in our chaotic world. The center is in the mountains with lots of

room to walk. There are places to sit and meditate or pray. Reverend will include times for solitude for those that would like the opportunity.

The retreat begins Friday evening, the 15th, with dinner and a welcome session by our beloved pastor/facilitator, Reverend Mary Beth. We continue the next morning after breakfast. It will be a meaningful and special time to enjoy fellowship with our spiritual formation family and join together to study God's word. We will finish around 4:00 on Saturday, the 16th.

Cathedral Ridge is a mountain sanctuary designed to support meaningful connection, transformative experiences, and true rest.

Space is limited. If you wish to participate, you'll need to get your reservation and full payment in by March 31, as rooms will be available on a first-come-first-served basis. Please fill out the reservation form and get it to Cathy Ramsey along with your check (made out to EUMC), as soon as possible.

Please call/text Cathy Ramsey at 303-918-6639 or email (cathyandjimramsey@gmail.com) if you have any questions.



[Isaiah 11:6: "The wolf will live with the lamb, the leopard will lie down with the goat, the calf and the lion and the yearling together; and a little child will lead them". This verse symbolizes peace and harmony that will come with the reign of the Messiah.](#)

[Psalm 23: The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever.](#)